

**Resources:**

Spots, strips, cones, tape measures

Year 5/6

Lesson 3

**Objectives**

- WALT – We are learning to combine our running technique and stride pattern to help increase the distance in our jumping.
- WILF – What I’m looking for is for you to be able to link your running technique and stride pattern to improve your take off.
- TIB – This is because we are using an effective run up and take off to increase the distance we can jump.

Activities	Coaching Points
<p><b>Classroom:</b> Jumping for distance</p> <ul style="list-style-type: none"> <li>• Video introduction- using the Greg Rutherford's long jump video discuss with the pupils the link between running technique/stride pattern in the long jump.</li> <li>• Share success criteria</li> </ul>	<p><a href="http://www.bbc.co.uk/sport/0/olympics/19132048">http://www.bbc.co.uk/sport/0/olympics/19132048</a></p>
<p><b>Setting up the environment:</b> Jumping</p> <ul style="list-style-type: none"> <li>• Hop, skip and a jump - Explore different ways of jumping including take off and land</li> <li>• Develop with partner a pulse raising activity involving jumping.</li> </ul>	<p><b>Warming up</b>            Stretching            Increasing pulse rate</p>
<p><b>Warm Up:</b> Agility,</p> <ul style="list-style-type: none"> <li>• Spot to spot – Group into four colours and place randomly around area. Pupils hop, skip and jump to their spots with an odd person out each time.</li> </ul>	<p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>• Bend ankles, knees and hips</li> <li>• Push hard against floor</li> <li>• Drive back and forward with arms</li> <li>• Lean forward when taking off</li> <li>• Quickly straighten legs</li> </ul>
<p><b>Activity 1:</b> Two footed jumping</p> <ul style="list-style-type: none"> <li>• Land Ahoy! – In pairs using strips and cones, pupils jump, from a two footed standing start an area 0.5m increasing, landing on two feet.</li> </ul>	
<p><b>Q.</b> How can you increase the distance of your jumping?</p>	
<p><b>Activity 2:</b> One footed jumping</p> <ul style="list-style-type: none"> <li>• How few hops? – Using a marked start line and a 6m finish line how few hops can pupils cover the distance in?</li> </ul>	<p><b>One footed jumping:</b></p> <ul style="list-style-type: none"> <li>• Use arms for balance &amp; generate momentum</li> <li>• Bounce the foot off the ground</li> <li>• Drive knee forwards</li> </ul>
<p><b>Q.</b> What would happen if you combined a run up with your one footed take off?</p>	
<p><b>Activity 3:</b> 1, 3, 5 stride take off</p> <ul style="list-style-type: none"> <li>• How far now? – Working in pairs practice one footed take off and two footed landings. Increase stride try a short run up to increase distance. Partner marks distance with cone. Partner observes and gives feedback.</li> </ul>	<p><b>Run up</b>            Starting technique            Running technique            Shorten stride pattern to allow longer stride to reach take off position.</p>
<p><b>Q.</b> What conclusions can you draw to make your jump the longest?</p>	

<p><b>Challenge:</b> Run up, take off and landing</p> <ul style="list-style-type: none"> <li>Long Jump – In groups of 6 challenge the pupils to a long jump challenge. Each pupil has three jumps and try to jump the longest distance possible.</li> </ul>		
<p><b>Q.</b> After our lesson today what techniques do you need to combine to make you jump for distance effective?</p>		
<p><b>Cool down:</b> Jumping techniques</p> <ul style="list-style-type: none"> <li>Statues – using spots and strips pupils travel about the cool area. Upon the command jump pupils jump either two footed onto a spot or one footed onto a strip. Gradually reduce the speed to cool down.</li> </ul>		
<p><b>Success Criteria</b></p> <ol style="list-style-type: none"> <li>Jump from two feet to two feet and one foot to two feet identifying correct technique.</li> <li>Combine a run up and a one footed take up to increase my jumping distance.</li> <li>Maximise my run up by changing my stride pattern as I approach the take off stripe.</li> </ol>		<p><b>Main Coaching Points</b></p> <p>Jumping technique (take off and landing)          Run up (starting position, stride pattern)          Flight through the air          Landing</p>
<p><b>Evaluation</b></p>		<p><b>Points for next lesson</b></p>